



Help your child honor “Juneteenth” with these activities picked just for you!

What is Juneteenth?? Juneteenth is a combination of the words “June” and “nineteenth” and it stands for the celebration of the abolishment of slavery which happened on June 19, 1865. This holiday could be difficult for your young child to understand but that doesn’t mean that they can’t be introduced to the concept of what it means to be free.

Start the day: On the morning of June 19th, spend a few moments of quality time with your child and ask them a simple question, “What do you think it would feel like if you couldn’t play with the toys you want to play with or play with your friends?” Let them tell you how that would feel and then explain to them how lucky they are to have the “freedom” to do these things.

Lunchtime: Present your child with a lunch that has food items you know they do not like. See what their reaction is when they come to the table! After they calm down, as they will certainly be upset, go back to your conversation that morning where you talked about the word “freedom”. As they enjoy the other lunch you have ready for them that is full of their favorite foods, explain that a long time ago there was a group of people who weren’t allowed to do what they wanted to do, or play with who they wanted to play with, or even eat the foods they really wanted to eat. Encourage them to ask questions and have a conversation about how these people must have felt.

Bedtime: As you end of the day, remind your child of the questions you asked them throughout the day about what it would feel like if they couldn’t play with the toys they wanted or play with their friends. Remind them how they felt when you gave them a lunch that had foods they did not like but they were told to eat it anyway. Then, tell them that on this very day a long time ago, people who didn’t get to do all of these things were given their “freedom” so they could start living their lives like your child lives their life. Tell them that this was a day of celebration for these people and how you, your child, and ALL people should always have freedom to live their lives!

Created exclusively for Books By The Bushel, LLC by Pamela B Connor, Ed.D